



US Army Corps
of Engineers ®
Galveston District

The Sand Castle

“A newsletter by and for the employees of the Galveston District”

Volume 20

Number 4



See what you
can bring to
help our
troops on
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UPCOMING EVENTS:

May 1
J.J. Mays Wildlife Trace
Ribbon Cutting Ceremony

June 9-13
WEDA Conference

June 13
Engineer Day

Redfish Island: A Promise Kept

The grand re-opening of Galveston Bay's Redfish Island was celebrated March 29 in a special ceremony called "Life Returns to Redfish: A Promise Kept" at the Port of Houston Authority Cruise Terminal. The Port of Houston Authority (PHA), United States Army Corps of Engineers (USACE) and the Beneficial Uses Group (BUG), all of which worked together to restore the island, hosted the festivities that included speakers, educational displays of the project and a chartered boat ride to the island.

During the event, the trio announced that Redfish Island, once a popular boater destination that subsided more than a decade ago due to erosion, is officially ready to host both boaters and wildlife. Reconstructed as a direct result of bay-user input, the six-acre island will serve as a safe boater anchorage, bird habitat and includes an oyster reef.

"A vital part of Galveston Bay boater culture has been restored and its completion is a feat that the Port, Corps and BUG are

particularly proud of; we listened to public input, we made a promise and today, we deliver Redfish Island," said Jim Edmonds, Chairman of the PHA Commission. "It's a tremendous victory for all in keeping our promise to rebuild the island. We are making the bay a better, safer environment for everyone."

Requests for the restoration of Redfish Island stemmed from boaters who

See Redfish on page 3...

Border Patrol and District Achieve Success

*Grand Opening of BP Station
in Rio Grande City*

Another milestone in the Galveston District's relationship with Border Patrol was reached March 27 with the grand opening of the Rio Grande City Border Patrol Station near Rio Grande City.

Master of ceremonies at the event was Fabian M. Casas, patrol agent in charge. Keynote speaker was the Honorable Eloy Vera, county judge of Starr County. Herbie Maurer, deputy district engineer, did the speaking honors for Galveston District.

"It's a fine facility and the Border Patrol made it possible by being a great working partner," said Herbie Maurer.

Galveston District provided the construction management and oversight for the Rio Grande City building under a partnership agreement with the Border Patrol.

The Border Patrol recently came under auspices of the Homeland Security Agency and is now known as the United States Bureau of Customs and Border Protection.

The district is also working with the Border Patrol on a sector headquarters building in Edinburg. Groundbreaking was earlier in March.



LTC Michael Flynn in Iraq.

What Have You Done for Your Country Today?

If you're LTC Michael Flynn, a lot! This is a recount of his experience as told to Ashley Jones:

Hello Ashley, I'm not sure how you guys are getting that information that quickly. We must have a leak in our system. Well the story is basically true. We had a mission in Iraq at the oil fields. While we were waiting at a road intersection for the rest of our team, I noticed someone approaching our vehicle. I was the only one in the vehicle with a weapon (9mm) so I was concerned, but not frightened. He approached cautiously and spoke to us in Arabic, which we didn't understand. He handed us a slip of paper written in Arabic and we could not read it, so we handed it back to him. He made a gesture as if he wanted some

water and we gave him a bottle. We sent him away and noticed that there were a few more not too far away. Later they were all picked up and processed. We found that the note that he handed us was one of the many leaflets dropped over Iraq by the U.S stating that if they turned themselves over to the American Military personnel that they would receive food and water. Of course, I had no plans of staying in Iraq any longer that I had to. That same evening we learned that some of the Iraqis were pretending to turn themselves in as POWs and killed some U.S. soldiers. I understand that those actions occurred much deeper in Iraq than we were. I hope this helps, I'll talk to you later.

Mike

Commander's Column

Team Galveston has the capability and opportunity to lead the United States Army Corps of Engineers Civil Works Program into the future. This District, along with the Fort Worth District, is the first to deploy P2, the automation information system of the Project Management Business Process (PMBP). The current schedule asks us to implement P2 in the last quarter of the fiscal year. This is when we are all scrambling to execute what is left of our budget. Team Galveston has had exceptional budget execution for a long time. Our high execution is just one indicator of commitment and aggressive actions on behalf of our partners and communities.

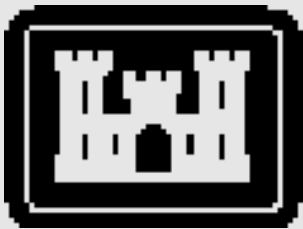
I cannot accurately assess the impacts of P2 deployment on our execution. I am uncertain of potential impacts of P2 deployment in the last quarter. We owe our partners and communities aggressive execution.

Based on that, I have directed division and office chiefs to accelerate schedules. We are now planning the best course to meet this objective. My current assessment is that if we can execute the majority of our work by the end of July, we will increase our chances of success in both P2 deployment and execution. There will be glitches as with any new automation system. Being the first districts to implement P2, we owe it to other districts to find



COL Leonard Waterworth

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The Sand Castle

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*A newsletter for
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District*

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Lt. Gen. Bob Flowers

Hi, I'm Bob Flowers, and I've just returned from a trip to the Central Command area of responsibility – visited Kuwait, Afghanistan, and Kyrgyztan. Your brothers and sisters who have served and are serving overseas on FEST Teams and CREST Teams, just augmenting or have been called up into the Reserves, are doing a tremendous job, and, I think, having an enormous impact on the global war on terrorism. I saw a twenty-five year old GIS Specialist in Afghanistan who, when I was having lunch with her in the mess hall and asked for her thirty second commercial, said some things that really put a lump in my throat — talked about a sense of pride and wanting to serve – just doing a tremendous job and being a part of something she would be proud to talk to her children and grandchildren about.

To the electrical engineer from Portland District, who, having finished a three month tour in Afghanistan, decided, because she hadn't finished all of her jobs, to extend for another two months.

I've said that 2003 will be a great year for the U.S. Army Corps of Engineers, and, I absolutely believe it. We are positioned to have a tremendous impact on the nation and the Armed Forces. Today, we are in 91 countries around the world – throughout Europe, Asia, and in

Headquarters Returns From Kuwait

Lt. Gen. Flowers visits with Corps employees who have been deployed

Central and South America. Wherever needed, our military and civilian employees answer the call.

And today, during this especially important time, the U.S. Army Corps of Engineers has stepped up and is helping to fight and win the war on terrorism. I want to highlight a few of your fellow employees who volunteered to assist the US. Central Command and Operation Enduring Freedom.

The civilian volunteers wear uniforms like the one I'm wearing right now. It would be hard to know who was a civilian and who was military. For several months, these volunteers are far from home, serving on point for the nation in Afghanistan and other vital areas. They were and are currently part of Forward Engineer Support Teams, Contingency Real Estate Support Teams or in other teams providing planning and construction support. Forward Engineer Support Teams - called Fests — are small groups who bring the full force of engineering capability to the warfighter in the field.

I'll let two Fort Worth District employees explain what they did in Afghanistan — and why. Major Brad Westergren headed Fort Worth's first FEST. Tom Armstrong, a construction engineer, was one of the six civilians who volunteered to be part of the team...The head engineer in Afghanistan, who is part of the Combined Joint Task Force, agrees. He said FESTs provide "a robust capability from a very small unit." He also said "There is no engineer question a FEST cannot answer through reach-back"

Until recently, the Southwest division had operational responsibility for supporting Central Command, and has deployed many volunteers. The Tulsa district sent a FEST to Djibouti - on the Horn of Africa to help transform an old airfield to a major military installation. Eleven Transatlantic Program Center employees volunteered for duty in Afghanistan. For two months, they supported the Afghan National Army. They designed master plans for bases and other facilities. As a result, they are helping to create a stable and self-sufficient Afghan government.

Make no mistake, it wasn't easy. The team slept on cots, wore body armor and lived in rugged conditions. But Tom Starbuck, who was one of the first to volunteer – has since gone back for another tour.

Tom has seen first hand what his efforts mean for the people of Afghanistan. He saw children shouting "Hello America" to him. And he said he was very moved by an Afghani man who held Tom's hand. With tears on his face, he thanked Tom and the others for removing the Taliban and saving his country.

Then, there is Frank Pierce from the Kansas City District, one day enjoying a summer vacation in San Diego. Within days he was preparing for a deployment to Krygyztan as part of a Contingency Real Estate Support Team – called Crests. Crests are the first stop to ensure our Armed Forces have the space they need to get the job done. They handle leasing for real estates needs and have been real heroes in getting

See Kuwait on page 8...

Redfish continued from page 1...

Upper left: Jim Edmonds, Chairman of Port of Houston Authority Commissioners speaks at the event. Upper right: Port of Houston fire boat join in the fun with spraying colored water in the port. Mid-right: David Campbell, Engineering Division and his wife, Connie, visit with Congressman Lampson. Lower left: Herbie Maurer, Deputy District Engineer and Chief of Project/Programs Management, awards Jim Edmonds and the Port with partnership plaque. Lower right: The "Royal Princess" took invitees to see Redfish Island.



wanted an anchorage that offered the same protection Redfish Island had more than a decade ago — away from ship wakes, prevailing winds and much of the commercial boat activity in the bay. The Port, Corps and BUG took on the task to restore the island as part of a larger plan to make environmental enhancements to the Bay with material dredged from the Houston Galveston Navigation Channel expansion project. The 50-year environmental project is the largest undertaking of its kind in the country.

"After so many individuals and groups requested that Redfish be restored, we are delighted to officially unveil the island today," said Col. Waterworth, USACE. "It is our sincerest hope that over the duration of our 50-year project bay users

will continue to enjoy the amazing bay features we are creating as much as they are enjoying Redfish today."

Construction of Redfish Island was a substantial task. The restoration involved carting 140 barge loads of stone to the middle of the bay, placing more than 206,000 tons of limestone in the bay to create the island and then covering the edge of the formation with 3,000 tons of shell and shell hash.

Rocks laid on the island range in size from several ounces to as much as 1,600 lbs each. The entire process, which began in the summer of 2002, took just three months.

Birds found the island during the construction phase of the project and enjoy a permanent spot on the north end of the island. The island's new 1.4-acre bird habitat attracts barren-ground nesters such as

the least tern, black skimmer, gull-billed terns, Forster's tern, Sandwich tern and royal tern. A 1,000-foot rock dyke on the opposing end of the island provides approximately 40 acres of safe anchoring for boaters. Small "cereal" stone placed along the outside perimeter of the island provides oyster habitat.

"We appreciate the Port, Corps and BUG for going above and beyond in order to restore Redfish for us," said Captain Gene Schwantes, Windward Sea Venture Enterprises.

"Recreational boaters now have an easily accessible, great destination point where they can safely anchor and fully enjoy one of the greatest attractions we have in this area — Galveston Bay."

Through their environmental work, the Port, Corps and BUG are making a

better bay. In addition to Redfish Island, Goat Island in Buffalo Bayou will be partially restored. They are also creating approximately 4,250 acres of inter-tidal salt marsh and constructing an underwater berm in the Gulf of Mexico to enhance fish habitat and creating access channels and anchorages for recreational boaters. A six-acre bird nesting and habitat island, Evia Island, was constructed in 2001. The improvements to the Bay use materials dredged during the current expansion of the ship channel.

The Beneficial Uses Group formed in 1990 to determine environmentally responsible uses for materials dredged during the expansion of the Houston-Galveston Navigation Channel.

Santa Anna Bayou is the Big Winner in Cooperative Effort

By John Machol, Regulatory

A beautiful, pristine salt water marsh in the San Jacinto Battleground State Historical Park is now protected from possible chemical pollutants through the combined efforts of the Texas Parks and Wildlife Department and the US Army Corps of Engineers working in partnership with local industry.

The design and funding for the project was a collaborative effort by Texas Parks and Wildlife and numerous area industrial plants. The Corps' Galveston District Regulatory Branch studied the situation and issued a permit allowing the protective weir structure to protect the Santa Anna Bayou marsh from accidental chemical spills. The San Jacinto Battleground State Historical Park is located east of Houston, Texas.

Industrial plants located near the Houston Ship Channel direct their storm water runoff and process water into a large upland drainage ditch, called the Phillips Ditch, which then flows into the Santa Anna Bayou.

Following severe damage along the ditch banks by Tropical



Santa Anna Bayou Marsh

Storm Allison, area plants wanted to improve erosion control along the ditch in a way that helped their neighbors, the Texas Parks and Wildlife Department (TPWD), caretakers of San Jacinto State Historical Park. Working with TPWD, industry representatives came up with an open weir design that included stop-logs which could be dropped into place, closing the weir in case of a

chemical spill, and stopping contaminated water from flowing into Santa Anna Bayou and its adjacent wetlands.

The group went one step further to improve recreational opportunities in the park. They designed the weir to double as a pedestrian bridge, with wheelchair access ramps. Although these improvements increased the cost of the project, industry

representatives agreed to pay for the modifications themselves. Visitors to the park will soon be able to cross Santa Anna Bayou and get a close-up view of native birds from a TPWD bird-watching trail through the marsh.

Felicity Dodson, project manager for the Corps, researched regulations and found that she could authorize the project under Nationwide Permit 27, avoiding a longer, more drawn out, individual permit process. Nationwide Permit 27 allows the Corps to authorize activities that enhance wetlands on public lands, and it saved months of processing time.

"It was a great opportunity to act quickly, improve a potentially dangerous situation, and provide recreation activities for park users", said Col. Leonard Waterworth of Galveston District. "This is just the kind of synergistic approach that makes the Corps the best engineering organization in America."

District Signs Agreement Packery Channel



Col. Waterworth and Corpus Christi mayor complete the signing of the MOA with a handshake.

Col. Leonard Waterworth, district commander, journeyed to Corpus Christi March 25 to sign the Memorandum of Agreement with the City of Corpus Christi on the North Padre Island (Packery Channel), storm damage reduction and environmental restoration project.

The project is scheduled to be advertised for bid in June and awarded to a contractor in mid-July with construction to start soon thereafter. The project will re-open Packery Channel across the barrier island, extending it from the Gulf of Mexico to the Gulf Intracoastal Waterway in Corpus Christi Bay.

It consists of a jettied entrance extending 1400 feet into the Gulf of Mexico and a channel 140 feet wide and 12 feet deep. Material dredged for the channel will be used beneficially by placing it in front of the nearby seawall.

Cooperation Leads to Creation of Habitat in Bay

By: Brian J. Bader and Bryan Herczeg, Regulatory



Islands being restored in Dickinson Bay

Restoration of important ecosystems within Dickinson Bay, proposed by state and environmental agencies, received permit approval from the US Army Corps of Engineers, Galveston District.

Dickinson Bay, located just north of Galveston Island, Texas, is a part of the Galveston Bay system and is a significant contributor to the growth of marine life in the area.

The project, conceived by the Texas Parks and Wildlife Department (TPWD), the Galveston Bay Foundation (GBF), and other environmental agencies, will raise the elevation

of three islands in Dickinson Bay to create 29 acres of habitat for shrimp, fish, and other wetland animals.

Since the 1950's the Galveston Bay area has undergone massive development, resulting in the loss of about 30,000 acres of wetlands. GBF and TPWD identified a need for significant restoration of wetlands, oyster reefs and water bird nesting areas within the Galveston Bay system.

The Nature Conservancy, US Fish and Wildlife, USDA Natural Resource Conservation Service, NOAA National Marine Fisheries Service, Texas

Commission on Environmental Quality, Texas General Land Office, the Audubon Society of Texas, TPWD and GBF, along with Reliant Energy and West End Marine, worked together to bring this project to life.

The groups proposed to raise the elevation of three islands that were used as placement areas for dredge material during the dredging of Dickinson Channel in the 1950's.

These islands had eroded over time and the wetlands had virtually disappeared.

Raising the elevation of these islands would provide nesting habitat for water birds on the high ground, create wetland habitat for shrimp and fish, and provide low-elevation habitat for oyster reefs.

Jack Compton, project manager for the Corps, coordinated with all of the agencies involved to resolve differences and seek consensus. This effort ensured that the permit addressed all of the concerns and interests of the agencies, as well as the general public.

When completed, one island will be open to the public for recreational activities such as fishing and bird watching. The other two islands will have restricted access in order to protect the developing wetlands and wildlife.



Upper left: Gloria Lazo, Rio Grande City High School, sings the National Anthem as the flag raises. Upper right: The big scissors are activated by Fabian Casa, patrol agent in charge of the Rio Grande Boder Patrol Station. Mid-right: An impressive row of border patrol vehicles give a hint at the number of personnel at the station. Left: The Rio Grande City high school marching team dressed in replica of uniforms wore by the original occupants of Fort Ringold, which provided early settlers protection from marauders. Lower right: Corps Herbie Maurer and BP agent Patricio Hernandez visit before ceremony. Lower left: Music for the celebration was provided by Los Bohemios.

Texas City receives Army permit for Shoal Point facility

The City of Texas City received the okay from the US Army Corps of Engineers to construct the proposed Shoal Point Container Terminal to be located on approximately 400 acres south of Texas City and adjacent to the Texas City Ship Channel. Department of the Army Permit No. 21979 will allow construction of the three phase project which is to be completed by 2019.

“Texas Commission on Environmental Quality has issued the Water Quality Certification,” said Col. Leonard

Waterworth, District Engineer for the U.S. Army Corps of Engineers. “This was the final step before we could finalize the record of decision and issue the permit.”

“It has been a long, comprehensive process and we have reached the decision point,” said Col. Leonard Waterworth, commander of the Galveston District. “I believe this process, which includes consideration of those comments and concerns received from the public, led us to a fair and justifiable balance between

environmental and economic concerns,” continued the colonel.

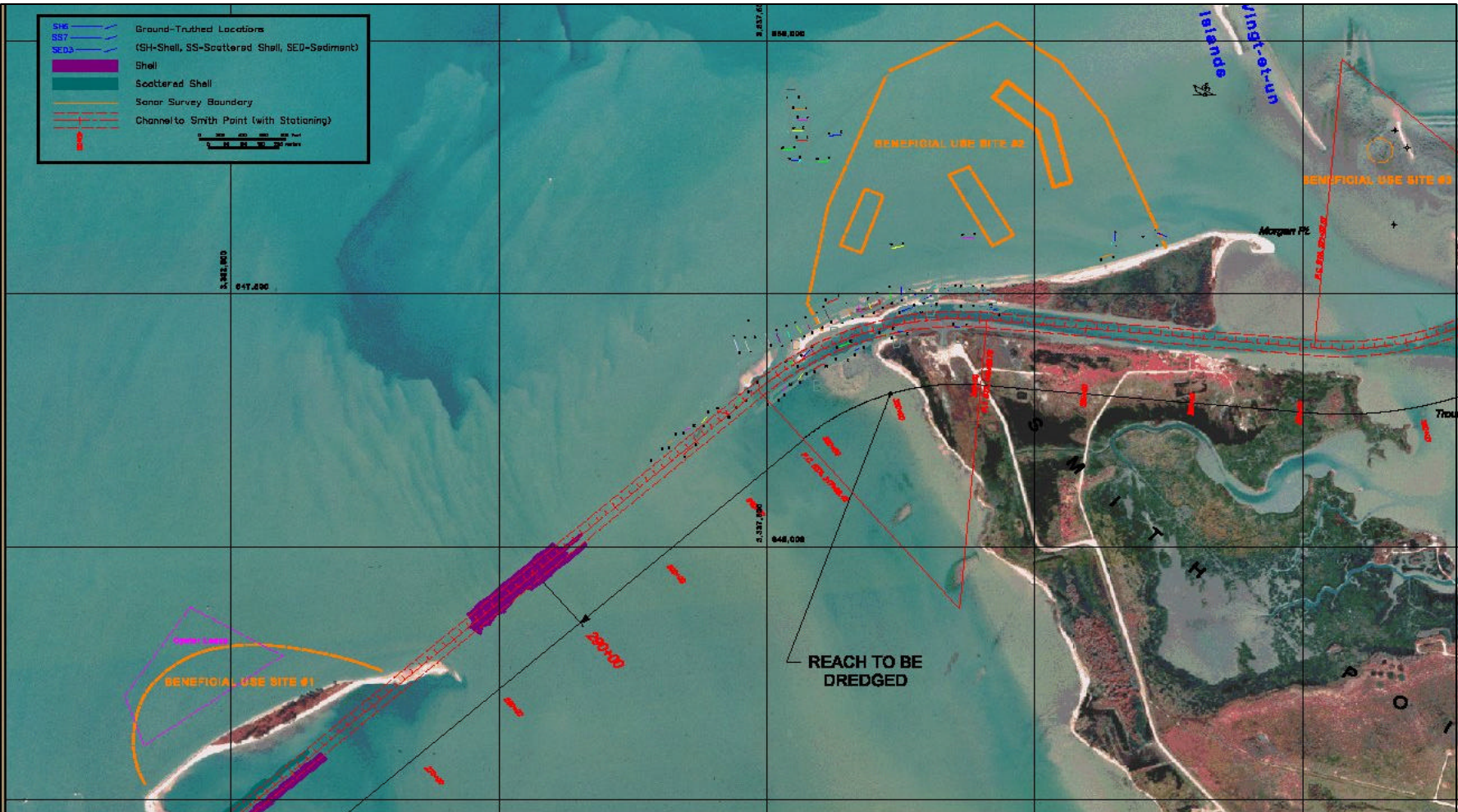
The proposed project is located on and adjacent to Shoal Point, approximately 700 acres of land, located in the southwestern part of Galveston Bay, south of the Texas City Dike and adjacent to the Texas City Ship Channel. Approximately 100 acres of the site was known as Snake Island, but the area has been built up by the placement of dredged material and the entire acreage is now known as Shoal Point.

The permit allows the project to be constructed in three phases. Phase I includes the construction of an access road, a 125-acre container yard and two berths with associated dredging. Phase I doubles the size with a second 125-acre container yard, two berths and a turning basin and the deepening of the Texas City Channel. Phase III includes building a 150-acre container yard ad the final two berths. Full build-out of the facility may be completed by 2016.

As the project is built,

See Shoal Point on page 7...

Smith Point: Construction of Beneficial Use Sites



Plan view of Smith Point Beneficial Use Sites and channel.

Construction is ongoing in Trinity Bay on three Beneficial Use Sites (BUS) that will eventually contain dredge material from the upcoming maintenance dredging of the Channel to Smith Point. Smith Point is located along the eastern shore of Trinity Bay south of Anahuac, Texas. The channel is a portion of the Channel to Liberty, the only portion currently sustaining commercial traffic. There are oyster production facilities at Smith Point that employ between 200 to 300 people. In FY02 Galveston District received a Congressional Add to restore project depth in the channel to allow the oystermen access to the facility.

After receiving the request, a Public Workshop was held to determine local needs. A channel survey disclosed that approximately 750,000 cy of material would need to be removed to restore the authorized channel dimensions, 9 feet deep by 150 feet wide. There were no available placement areas, so coordination began between the COE, the Chambers-Liberty Counties Navigation District (local sponsor), local oystermen, the USFWS, TPWD, Audubon Society, and Galveston Bay Foundation. After much discussion and coordination, a plan was developed to use the material 100% beneficially. The plan called for development of Beneficial Use Sites (BUS) 1-3, into which the dredge material would be placed.

BUS1 is Smith Point Island – an area frequented by several species of birds. Dredge material will be used here to increase the size of this island. The first order of business was to construct a stone breakwater to the north of the island to stop the island from eroding and to contain the dredge material behind it. The breakwater is approximately 2,300 feet long, with a 5-feet wide cap, and built to an approximate elevation of +1.5 to +2 MLT. The breakwater will also prevent dredge material from smothering nearby oyster reefs. Good coarse-grained material and shell hash will be pumped from the adjacent channel and used to good benefit in this location.

There is a lot of oyster

and shell in the channel toward the eastern tip of Smith Point Island. This shell will be pumped to an area in the open bay, and to the north of the island. The shell will be placed so as to encourage oysters to attach and create a new oyster reef.

BUS2 is a 138-acre marsh creation site located just north of Robbins Memorial Park and the Channel to Smith Point. Approximately 8,500 linear feet of geotubes will be placed to form the U-shaped perimeter of the marsh. The geotubes will be placed to varying elevations (+3-3.5 feet) with periodic “circulation” tubes that will be collapsed to a lower elevation in the future to allow water to circulate through the marsh.

Bertucci Corporation is the subcontractor currently placing the geotubes. They are filling the tubes with varying material from the adjacent bay bottom and from “borrow ditches” within the marsh. Approximately 650,000 cy of fine-grained dredge material from the adjacent channel will be placed inside the area defined by the geotubes to varying elevations within the marsh.

Once dredging is complete, marsh grasses such as *spartina alterniflora* will be planted to ensure vegetative cover by the end of the second growing season. The circulation tubes will then be collapsed allowing tidal penetration into

See Point on page 7...



Geotube placement.



Neches River Saltwater Barrier

Update: Neches River Saltwater Barrier

Work on the Neches River Salt Water Barrier is continuing at a great pace. As of 24 March 2003 upstream dredging was continuing, as well as work on the administration building and the punch list.

The tainter gate anchorages were being grouted and it's machinery alignment final inspection was set for April 1, 2003.

Also, electrical work continues on the hydraulic structure, on site, and in the buildings. Cofferdam sheet pile is being removed and lowered in preliminary stages for overflow dam construction. Re-watering of cofferdam area was guaranteed for early April 2003.

A ribbon-cutting ceremony is being planned for October 31, 2003.

Update: Lynchburg Pump Station Project



Do You Want to Know About the Corps?

If you would like to receive an e-mail notifying you of a newly posted news release, or other additions to our web site, then please visit the Galveston District's website at www.swg.usace.army.mil.

There you will find directions to add your e-mail address to the District's web site's mailing list to become better acquainted with Corps projects and happenings.

Shoal Point continued from page 5..

the dredged material will be used beneficially. Construction of a beneficial uses site of approximately 357 acres, will replace the portion of the Shoal Point dredged material placement area that would be utilized for the development.

In order to alleviate any problems that could arise from an increase in roadway traffic, Texas City and La Marque and Galveston County are working with the Texas Department of Highways to possibly expedite planned improvements at the intersection of Interstate 45 with State Highways 3 and 146.

How Can YOU Support OUR Troops ??

Team Galveston -

First of all, I found out yesterday that there is a DOD moratorium on quality of life items and they are no longer accepting letters and packages to "any soldier" for security reasons (except from schools) . However, if you have the name and address of a soldier you can send letters and packages to them directly. So we decided to start here at home at the Corps.

If you have a family member that you would like to put on our list to receive letters and care packages please send me their name and address. That includes our Galveston District folks in Kuwait.

We already have some supplies but if you ask them and they want something specific we will be glad to try to provide the items needed.

In addition we understand how important it is for our troops to receive letters and post cards. I was also reading that they like to get picture post cards of home towns. Please consider writing letters and post cards. If you want to write please understand it will be a commitment to write at least once a month or more. It doesn't have to be a long letter, just some caring words or encouragement from home.

Let me know if you will write letters so I can start a list of writers and provide you with

the soldiers addresses.

We are trying to get the mailing started the first of next week. We will start accepting donations immediately. Please bring your donations to: Pat Salinas - First Floor - Logistics, Kim McLaughlin - Second Floor - Regulatory and Roseanne Theobald - Third Floor - Programs Management.

If you have any boxes, preferably shoe boxes or about that size please bring them in. Right now I have enough postage for a while, but will probably need more support later on with stamps, tape, and mailing paper.

Here is a list of some things that the troops have asked for specifically: candy (non melting kind, ex: M&M's, skittles, life savers, etc.), baby wipes, razors, shaving cream, shampoo, eye drops, emery boards, liquid hand sanitizer, AA and D batteries, beef jerky, presweetened Kool-aid, teas, instant flavored coffees, instant foods that just require water (ex: cup of soups, instant oatmeal), sunblock, stamps, paper, envelopes and small flash lights.

You can also go to www.operationmilitarypride.org/packages.html or www.operationshoebox.com for the more extensive lists. Thanks your help!

- Roseanne Theobald

Point continued from page 6...



Eastern end of Smith Point Island showing newly constructed breakwater.

the created marsh. The tidal penetration will open channels and small embayments, creating a more diverse habitat for wildlife and fisheries.

BUS3 is a small "bird island" to the east of BUS2 that was created with material from an emergency dredging of the channel in 1998. Since this site is a preferred nesting area

for many species of birds, it will be nourished with good-coarse grained material from the adjacent channel. USFWS recommended that we place an additional 100,000 cy at this site, but only 20,000 cy of suitable material is expected to be available from the adjacent channel.

that follows, to find solutions and work arounds until the technical staff can find a system wide solution. If something is not right we need to propose solutions. We are the USACE, our job is to find solutions to complex problems, if we just complain about a problem and don't offer a fix we just being malicious. So let's figure out how to make P2 work for all USACE Civil Works programs.

As I walk around the building I have yet to hear someone say we can't do this, or it's too hard. What I have heard is that we have a plan. It will be hard but we are going to make it happen because it is important to the Corps and our partners. That is why this is a great district. Thank you for all you do everyday for our partners, the state of Texas and our country.. Keep all of those deployed in your thoughts and send them an E-mail when you can.

Now get back to work and do great things for America..

Wellness Yoga: Slim Bodies, Strong Minds

You don't have to be "fit" to participate

Submitted by Cynthia Burke

Huffing and puffing your way through yet another aerobics class in an effort to lose weight? Feeling cranky because you're starving yourself? Don't lose hope. Yoga may be just what you're looking for.

"When you practice the asanas [postures] of yoga, you gain more respect for your body," says yoga instructor Anita Goa. "The key element of yoga is breathing. When we learn how to breathe properly — when we are more aware of our breathing — we are able to connect our mind and our body."

Goa says yoga gives us control over our mind, and when we have that control, we consciously ask ourselves, "Is this good for me?" In other words, "Do I really need this piece of pizza?"

The various postures are good for your digestive and elimination systems, helping to speed food through the body. And the different poses, with names such as *adho mukha*

svanasana (downward-facing dog), *navasana* (boat pose), and *virabhadrasana* (warrior pose), strengthen and tone your muscles. And as you probably know by now, muscle burns calories better than fat does.

Changing Your Lifestyle

Michael A. Taylor, MD, a gynecologic oncologist, cautions that yoga itself will not do the trick in helping you lose unwanted pounds.

"When people are looking for a magic bullet, they're looking for one bullet, one thing that will change their life," he says. "Yoga isn't a magic bullet ... but it does offer the benefit of a change in philosophy and lifestyle."

"Not all yogis are thin," Taylor says. "Anyone can do yoga: older people, physically disabled people, overweight people."

In a yoga class, it's not important what you look like, Taylor adds. "The image of their

body may concern people who want to lose weight, but in class, you're in your own space. You learn not to judge yourself or others, and this creates a safe environment."

Something for Everyone

If the poses are difficult for you, modifications can always be made. If you have a hard time bending, for example, you can start off doing the postures in a chair or even on your bed. Many yoga postures can also be done with props, like bolsters or blocks, so that you don't have to bend as far.

As you progress in the practice of yoga, you'll find that it becomes a way of life that will influence every aspect of your life, including what you eat, say yoga experts.

"Yoga teaches mindfulness and awareness," Goa says. "It will help you find your natural body."

Castle Comments



Happy APRIL Birthday

Mark McMahon	April 1
Norman Rondeau	April 2
William Ridgway	April 4
Apryl Trevino	April 4
Trina Ruse	April 4
Casey Cutler	April 6
Frank Ramirez	April 10
Ed Huff	April 10
Pedro Lopez	April 13
Mike Castelline	April 15
David Campbell	April 15
Clark Bartee	April 16
Lynette Anders	April 17
Kenny Jaynes	April 18
Eric Scheibe	April 21
Lorenzo Ramos	April 21
Jill Wiggins	April 23
Jeff Waters	April 23
Lynwood Weiss	April 24
Keith Halla	April 24
Lile Henkel	April 24
Kenny Chambers	April 26
Traci Robicheaux	April 29
Michele Castelline	April 29

Wedding Bells

Congratulations to *Michele Castelline, Public Affairs Office, and Rob Thomas, Planning Division*, on their engagement. The couple are planning a wedding for August 2003.

It's A Girl!!



Joe Vargas, of the Northern Area Office and his wife Monica, are the proud new

parents of a baby girl. Miranda Nicole Vargas was born March 31 at 4:01 pm at Mainland Center Hospital. She weighs 7 lbs, and is 19" long. Mom and baby are doing fine.

March Blood Drive

The March blood drive was a big success. The Corps had 33 donors, including 3 first-time donors and 7 donors who have donated 30 or more times! All 33 donors are to be commended for their efforts to help their fellow man. Many thanks to Steve Ireland, Jim Fawcett, and Shane Hunt for setting up for the blood drive.

The Gulf Coast Regional Blood Center has sent us two \$10 gift certificates to Yaga's. A highly technical random drawing of donor names has been conducted, and the winners are *Jody Stephens* and *Argelia Quintanilla*. Congratulations!
- *Denise Sloan*

It's A Boy!!

Congratulations to *Andrea and John Catanzaro! Andrea, Planning Division*, gave birth April 9 at 3:54 am, to a 7 lb 11oz baby boy! Mom and Anthony Robert (most likely the name) are doing fine.



Retirement News

Please join us in wishing our co-worker, *Mr. Cleo Dow* (23 years) in his well deserved retirement. We know that he will be missed and it is a fact that he was a very dedicated employee of the Bay Area Office. His contribution and selfless dedication is to be commended. Good luck to you Cleo and may God bless you and your family!

Our Sympathy

- *Darrell Davis's, RMO*, mother passed away recently in Fayetteville, North Carolina. Our prayers and thoughts are with Darrell and his family.

- *Dale William's, AO-B*, father, Harold Williams passed away in late March. Please keep Dale and his family in your thoughts and prayers.

Kuwait continued from page 2...

the job done.

Keith Loos, from the Little Rock Engineer District, was volunteered to be on a Crest. Although he spent his holiday season away from his family, in Kuwait and Kyrgyztan, he knows his time was well spent. To his fellow employees, Keith said: "Before you go to bed tonight, take a minute to think of the many blessings you have. Many people wish they could come to the U.S. or wish their government were like ours. I encourage those who can serve their country to do so. One possible way is by volunteering for a CREST or FEST.

The war on terrorism is being won because those who deploy have support from families and from co-workers shoulder additional work. I am grateful to every one of for your hard work.

The Corps of Engineers, the armed forces and the nation and a newly free Afghanistan could not do it without you. God Bless you, God bless this great country and god bless the U.S. Army Corps of Engineers. Essayons.